

# Kaalo lifestyle

family wellbeing: AskNelson



Build a new routine



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# Routine

## Build a New Routine

Human beings do very well with routine. But we are not at work and our kids are not at school. This is a time to be gentle with ourselves, nurture ourselves and our families. This is a time to reflect on old routines, evaluate what might not have been working and make some changes. How are we preparing for our new normal?

### CREATE

Many of us are working from home and being asked to innovate fast! Working digitally in ways we may never have done before. Enhance your creativity and get that innovation flowing – play music, move around while you think, cook new meals, doodle and draw.

### BE OUTSIDE

Before the lockdown we were outside more than we realised – driving, walking, popping out to the shops and getting lunch. Build a great new morning routine while you have the time. Go outside, take 5 deep breaths, drink a cup of coffee or tea and start your day in serenity.

### CONNECT

The silver lining of being at home is the opportunity to really connect to our families. The best time to do this is at meal times. Commit to eating at least one meal together every day. An awesome routine is to do the “Talking Spoon” every night. Find any spoon you like, declare it the talking spoon, every dinner time each person gets to hold the spoon. When it is their turn, they tell everybody the best and worst part of their day. A great way to stay connected to each member of your family.

### RESTORE

How often do we rush out the door, late and already frustrated. Start your day more mindfully by setting an intention. While you drink your coffee and take those deep breaths, ask yourself “What is my intention for today?”. These prompts might help:

- How might I show up today to have the best impact?
- What do I need to take better care of myself?
- During difficult moments, how might I be more compassionate to others and myself?
- How might I feel more connected and fulfilled?

Then set your intention for the day, for example, “Today, I will be kind to myself; be patient with others; give generously and stay grounded”. Check in with yourself throughout the day and revisit your intention. Notice as you become more conscious of your intentions how your mood improves.

## Contact Us

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*Standard call rates apply*